



# Lowell Senior Center HERITAGE

## Summer Art at the Senior Center

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Photos courtesy of Jeff Caplan.



# **LOWELL** **SENIOR CENTER**

**276 Broadway St**  
**Lowell, MA 01854**  
**978-674-4131**

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Monday–Friday:  
**7 am to 3 pm**

Saturday–Sunday:  
**Open for meals only**

Breakfast:  
**Weekdays 7 - 8 am**  
**Dine in or take-out**

Daily Lunch:  
**11 - 11:30 am**  
**Dine in or take-out**

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**Receptionist:** Tara Donnelly

**Director:** Kimberly Gagnon

**Programs:** Aurora Erickson  
aerickson@lowellma.gov

**Chef:** Joe Wilkins  
~~~~~

**Outreach Team**  
**Tel: 978-674-1166**  
**Fax: 978-970-4134**

Seila Chuop (Khmer, Korean)  
Jenny Khweiss (Spanish, Arabic)  
Amy Leal (Portuguese, Spanish)  
Glady Dieppa (Spanish)

## **Farmer's Market Coupons!**

Lowell Senior Center  
Wednesday August 2nd  
9am-2pm

Bring a Photo ID and an official document with  
your address,  
like a bill or your car registration.

## **Lowell Health and Human** **Services**

Lowell Health Department  
978-674-4010  
Lisa Golden, Director

## **COUNCIL ON AGING** **BOARD OF DIRECTORS**

*Andrew Hostetler, Chair*

*Joyce E. Dastou*

*Beverly Gonsalves*

*Judith Huber*

*Molyka Tieng*

*Gilda James*

*Frank Baskin*

*One Vacancy*

~~~~~  
**Next meeting September 11th**

FIND WORDS ABOUT

**COFFEE**

S	A	L	R	E	E	T
U	B	E	A	N	S	R
G	P	D	S	Q	P	O
A	L	R	S	K	R	A
R	E	I	H	T	E	S
E	M	I	L	K	S	T
Q	U	K	K	K	S	N
T	A	S	T	E	O	R
E	S	C	A	R	F	C

## About Our Art Show

We had an amazing time at the very first Senior Center Art Exhibition reception. Over 75 people came and enjoyed the artwork of over 20 senior artists. They also enjoyed Chef Joe's signature macaroni salad and chicken salad sandwiches. Volunteers brought cookies for dessert.

During the event, Program Director Aurora Erickson spoke about how important it was to bring new people into the Senior Center, and artist Maxine Farkas spoke about the importance of senior artists keeping in touch with one another and having ongoing opportunities to show their work. They also greeted Mayor Sokhary Chau and State Representative Vanna Howard.

A special feature of the art show is that the artists' stories are included next to their art. Some have been artists all their lives. Others only found the time to become an artist after they retired, and this has given them a new outlet of expression.

The Senior Center wishes to thank everyone who made this show possible, including the Lowell Cultural Council and the Friends of the Lowell Council on Aging. Seniors can visit to view the artwork any time the Senior Center is open. If you would like to support more art like this, find out how to join the Friends of the Lowell Council on Aging on page 15. Are you an artist? Turn the page to learn about submitting to our next show!



Photos courtesy of Jeff Caplan.





# Call for Entries

## The Fall Lowell Senior Center Art Exhibition – HOME

What does HOME mean to you? Is it a place? An idea? A state of mind? Artists of all disciplines are invited to submit up to three entries for the second Center Exhibition to hang from the beginning of October until the beginning of January. We are looking for 2 and 3D work. All fiber\* work must be prepared to hang and a hanging stick must be provided by the artist. 3D work that is not suitable for display on the shelves must have a pedestal provided by the artist. All work must be family friendly, non political and not overtly religious.

Deadline for submissions is August 24<sup>th</sup> and work must be available for delivery on or about the week of September 25<sup>th</sup>. For those who have work in the present exhibit you may bring your work on September 27<sup>th</sup> when you pick up work already on view.

Please complete the following and return this form with images of submitted work by August 24<sup>th</sup>. Submissions may be dropped off at the front desk of the center or emailed to Maxine Farkas, [maxinefarkas@gmail.com](mailto:maxinefarkas@gmail.com).

Name:		
Phone:	Email:	
Address:		
We need the following info for all work:		
Piece 1: Title		
Medium:	Size:	Price:
Piece 2: Title		
Medium:	Size:	Price:
Piece 3: Title:		
Medium:	Size:	Price:
*Fiber includes quilts, needlepoint . . . anything created with fiber that is either wall hung or sculptural.		



# Fun at the Lowell Senior Center

## Art Committee

Artists!

Want to help us plan more exhibits in the future?

Have other ideas for how we could offer more opportunities for artists to mingle, learn, and get support?

Want to do some regular socializing with other artists over 60?

Join our Art Committee!

Next meeting  
Thursday August  
24th at Noon.

## August Movies

This month's theme is Anthony Hopkins.

### Armageddon Time (2022)

Thursday, August 3  
12 pm (Noon)

A boy growing up in Queens with his immigrant grandfather (Anthony Hopkins) learns difficult lessons about bias and prejudice.

### The Father (2021)

Thursday, August 10  
12 pm (Noon)

Anthony Hopkins won an Oscar for this portrayal of a man losing his identity to dementia.

### Remains of the Day (1989)

Thursday, August 24  
12 pm (Noon)

In this beautiful and melancholy movie, Anthony Hopkins plays a butler who has run a manor house for years. Emma Thompson appears as the housekeeper he may have feelings for.

### The Mask of Zorro (1998)

Thursday, August 31  
12 pm (Noon)

Anthony Hopkins plays the famous masked swordsman who passes his skills on to Antonio Banderas in this fun adventure story.

## August Trips - On Sale August 1!

Day		Price	Destination	Depart 465 Fletcher St	LRTA Station
Tuesday	8th	\$7	Old Orchard Beach	8:45 am	9:00 am
Thursday	10th	\$7	Salisbury Beach	8:45 am	9:00 am
Tuesday	22nd	\$7	Ogunquit	8:45 am	9:00 am
Thursday	24th	\$7	Rockport	8:45 am	9:00 am

# Health and Services at the Senior Center

## Bone Builders

Mondays and Wednesdays, 8:30 am

The exercises help the progression of Osteoporosis and other bone related diseases—and are fun!

NEW SESSION Starting September!  
Tuesdays and Fridays at 10:30. Sign up now!



Caring for a parent, spouse or friend can be stressful.

The Family Caregiver Support Program at AgeSpan is here to help and connect you with programs, services, support, and scholarships designed to help you cope and maintain your own health and well-being.

If you are caring for a loved one with cognitive impairment, a chronic condition, intellectual or developmental disabilities or are a grandparent raising a grandchild our program is here to support you!

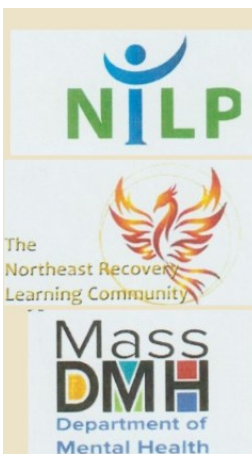
Stop by our table on August 22<sup>nd</sup> to hear all about the services we can offer you, that are available at no cost!

## Chat Hour/La Hora de Charla

English: Wednesdays, 10:00 am

Español: Miercoles a las 11:00 am

Join the weekly group to come together, talk with others, meet new and old friends, and learn about being healthy.



## Awareness Meditation

Mondays, 1:00 pm

Join the weekly meditation group to promote recovery, awareness, and relaxation.

## Blood Pressure Screening

Thursday, 8/3  
10:00 am - Noon

Blood Pressure Screening and hypertension info with city nurses.

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## Community Events and News

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### Habitat for Humanity Critical Home Repair Program

Is your home in need of a critical repair? Did you know that Habitat for Humanity of Greater Lowell does more than just build homes for local families?

In an ongoing effort to meet the Habitat mission that everyone should have a decent and affordable place to live in dignity and safety, Habitat Lowell also offers a Critical Home Repair Program for income qualified seniors and veterans with homes in need of a critical repair. Repairs focus on safety, accessibility, mobility and code enforcement issues so that homeowners can remain safely in their homes. To find out more, please visit <https://lowellhabitat.org/what-we-do/criticalhome-repairs/> or contact Critical Home Repair Manager, Kim Raymond at 978-692-0927 option 4 or [criticalrepairs@lowellhabitat.org](mailto:criticalrepairs@lowellhabitat.org).

### Thank you, Dee!

We had a thank you celebration for Dee Leon, who has worked at the front desk with Tara for the last two years. Dee's program with Operation Able finished, but we hope we'll still see a lot of her as a visitor to the Senior Center! Thank you for all of your hard work and dedication to helping, Dee!



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### Tax Exemptions Available

Statutory Exemption Applications are available as of July 1. If you filed and were granted an exemption last year you will be mailed an application. Applications are available online at [www.lowellma.gov](http://www.lowellma.gov) under Assessing Forms or you may contact the Assessing Office at 978-674-4200 and we can mail one to you.



## For Your Health

### **FREE Fitness Room**



Monday to Friday, 7 am to 3 pm

#### **Required:**

- Lowell residents age 60+
- Sneakers
- Annual doctor's release note

### **Salsa**

Learn salsa and meringue moves in this fun and active dance class to bring sunshine to your day. Class is taught in English and Spanish.

Aprenda los Movimientos y Bailes de Salsa y Merengue En este Divertida Clase de Baile para Para que Illumines tu Dia. Las Clases seran en Espanol Y ingles.

**NOTE: Salsa is not available until the computers are back on. Call to confirm please.**

### **Bone Builders**

Mondays and Wednesdays, 8:30 am

FREE with application process to participate, ask at front desk.

New Session starting on Tuesdays and Fridays in September! Sign up today.



### **Foot Clinic**

with Diane Stanley, RN

**Sign up in advance required.**

\$30.00 fee

Includes: foot assessment, toenail trim and filing, reduction of nails/corns/calluses, education to help maintain self-care, and a relaxing foot massage.



### **Tai** **Chi**

Mondays at 11am

\$5 per class

Tai Chi is a relaxing form of exercise a little bit like yoga or slow, gentle dance. You move slowly through poses that help you focus your energy and relax your body.

Beginners welcome.

### **Meet with Nava**

Fridays

8 am to 2:30 pm

Call 978-674-1166 to make an appointment.

Nava is a licensed clinical social worker who is available to talk with seniors who need support.

### **"On the Move"**

Mondays, Wednesdays, and Fridays,  
9:00 am, \$3 per class

Aerobics and stretching, with weights, balls and resistance bands with Marian Silk



### **Yoga**

with Christine Connolly

#### **Chair Yoga**

Tuesdays 12 - 1pm  
or

#### **Gentle Kripalu Yoga**

Fridays, 12 - 1pm

\$5 per class

Calm breathing, stretching, and yoga poses to help improve flexibility and balance and reduce stress.

The instructor can modify poses for you around your limitations.



### **Blood Pressure Clinic**

Monday

8/14

11am-Noon

Courtesy of  
Element Care

## Weekly Activities

### **Mahjong**

Mondays  
12 - 2:45 pm  
Board Room



### **Thursday Movies**

Thursdays  
Noon

Great Hall

### **Senior Socials**

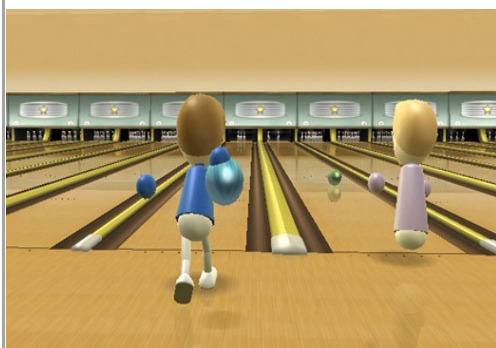
Fridays  
12 - 2:45 pm  
Great Hall

Line dancing, couples  
dancing, friendly  
conversation.



### **Wii Bowling**

Tuesdays and Fridays  
10:00 am - 11:30 am  
Board Room



### **Knit & Crochet Group**

Tuesdays 12:00 - 2:45 pm

Classroom



### **Bingo**

Wednesdays, 12 - 3 pm

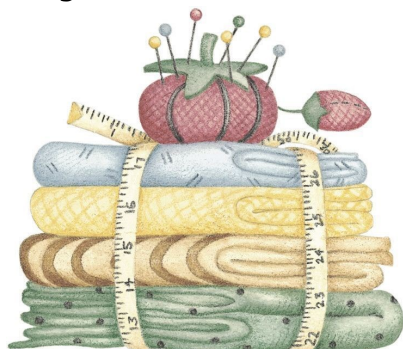
Prizes vary based on  
attendance.



### **Quilting Group**

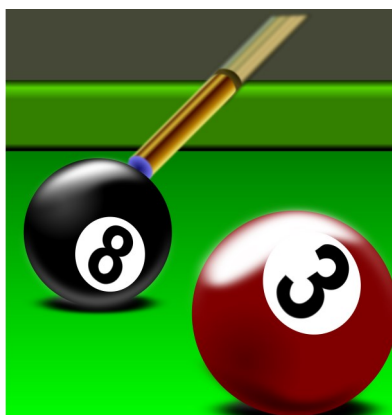
Wednesdays  
11 am - 2:45 pm  
2nd Floor Classroom

Newcomers welcome,  
beginners to advanced!



### **Billiard Room**

Open Monday - Friday  
7 am - 2:45pm



### **Cards**

#### **Poker**

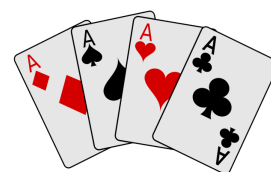
Wednesdays and Fridays  
9:30 am - 2:45 pm

#### **Cribbage**

Tuesdays  
11:30 am - 2:45 pm

#### **45's**

Thursdays  
11:30 am  
- 2:45 pm

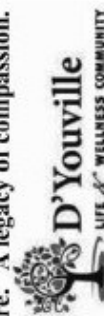


Sunday	Monday	Tuesday	Wednesday
		<p>1.  <b>8:00 Veteran's Breakfast</b>            10:00-11:30 Wii Bowling            10:00 Dim. Of Wellness            11:30-2:45 Cribbage            12:00-1:00 Chair Yoga            12-2:45 Knit &amp; Crochet</p>	<p>2.  <b>9-2 FARMER'S MARKET COUPONS</b>  <b>NO ON THE MOVE</b>  <b>NO BINGO</b>            8:30 Bone Builders            9:30-2:45 Poker            10 Chat Hour            11 La Hora de Charla            11-2:45 Quilting</p>
<p>6.            7-8 am Breakfast            11-11:30 Lunch</p>	<p>7.            8:30 Bone Builders            9:00 On the Move            10:30 Local Harvest Market            11 Tai Chi            12 Mah Jong            1 Meditation</p>	<p>8.            10:00-11:30 Wii Bowling            10:00 Dim. Of Wellness            11:30-2:45 Cribbage            12:00-1:00 Chair Yoga            12-2:45 Knit &amp; Crochet  <b>Old Orchard Beach Trip</b></p>	<p>9.            8:30 Bone Builders            9:00 On the Move            9:30-2:45 Poker            10 Chat Hour            11 La Hora de Charla            11-2:45 Quilting            12-3 Bingo</p>
<p>13.            7-8 am Breakfast            11-11:30 Lunch</p>	<p>14.            8:30 Bone Builders            9:00 On the Move  <b>10:00-12:00 Blood Pressure Screening</b>            10:30 Local Harvest Market            11 Tai Chi            12 Mah Jong            1 Meditation</p>	<p>15.            10:00-11:30 Wii Bowling            11:30-2:45 Cribbage            12:00-1:00 Chair Yoga            12-2:45 Knit &amp; Crochet</p>	<p>16.  <b>NO ON THE MOVE</b>            8:30 Bone Builders            9:30-2:45 Poker            10 Chat Hour            11 La Hora de Charla            11-2:45 Quilting            12-3 Bingo</p>
<p>20.            7-8 am Breakfast            11-11:30 Lunch</p>	<p>21.            8:30 Bone Builders            9:00 On the Move            10:30 Local Harvest Market            11 Tai Chi            12 Mah Jong            1 Meditation</p>	<p>22.  <b>Brown Bag Day</b>  <b>NO YOGA</b>            10:00-11:30 Wii Bowling  <b>10 AgeSpan Table</b>            11:30-2:45 Cribbage            12-2:45 Knit &amp; Crochet  <b>Ogunquit Trip</b></p>	<p>23.            8:30 Bone Builders            9:00 On the Move            9:30-2:45 Poker            10 Chat Hour            11 La Hora de Charla            11-2:45 Quilting            12-3 Bingo</p>
<p>27.            7-8 am Breakfast            11-11:30 Lunch</p>	<p>28.  <b>NO ON THE MOVE</b>            8:30 Bone Builders            10:30 Local Harvest Market            11 Tai Chi            12 Mah Jong            1 Meditation</p>	<p>29.            10:00-11:30 Wii Bowling            11:30-2:45 Cribbage            12:00-1:00 Chair Yoga            12-2:45 Knit &amp; Crochet</p>	<p>30.  <b>NO ON THE MOVE</b>            8:30 Bone Builders            9:30-2:45 Poker            10 Chat Hour            11 La Hora de Charla            11-2:45 Quilting            12-3 Bingo</p>



	Thursday	Friday	Saturday
	<p>3.</p> <p>9-12 Mill City Grows Farmer's Market  <b>10-12 Blood Pressure Screening</b>            11:30-2:45 Cards: 45's            12:00 Thursday Movie: Armageddon Time            12:00 Artist Meetup</p>	<p>4.</p> <p>9:00 On the Move            9:30-2:45 Poker            10:00-11:30 Wii Bowling            12:00 Gentle Yoga            12-2:45 Friday Social</p>	<p>5.</p> <p>7-8 am Breakfast            11-11:30 Lunch</p>
	<p>10.</p> <p><b>8-10am Yard Sale</b>            9-12 Mill City Grows Farmer's Market            11:30-2:45 Cards: 45's            12:00 Thursday Movie: The Father            12:00 Artist Meetup</p> <p><b>Salisbury Beach Trip</b></p>	<p>11.</p> <p>9:00 On the Move            9:30-2:45 Poker            10:00-11:30 Wii Bowling            12:00 Gentle Yoga            12-2:45 Friday Social</p>	<p>12.</p> <p>7-8 am Breakfast            11-11:30 Lunch</p>
	<p>17.</p> <p><b>NO MOVIE</b>            9-12 Mill City Grows Farmer's Market  <b>11-2 Friends Picnic</b>            11:30-2:45 Cards: 45's            12:00 Artist Meetup</p>	<p>18.</p> <p><b>NO YOGA</b>            9:00 On the Move            9:30-2:45 Poker            10:00-11:30 Wii Bowling            12-2:45 Friday Social</p>	<p>19.</p> <p>7-8 am Breakfast            11-11:30 Lunch</p>
	<p>24.</p> <p>9-12 Mill City Grows Farmer's Market            11:30-2:45 Cards: 45's            12:00 Thursday Movie: The Remains of the Day  <b>12:00 Art Committee</b></p> <p><b>Rockport Trip</b>  <b>Art Submissions Due</b></p>	<p>25.</p> <p><b>NO YOGA</b>            9:00 On the Move            9:30-2:45 Poker            10:00-11:30 Wii Bowling            12-2:45 Friday Social</p>	<p>26.</p> <p>7-8 am Breakfast            11-11:30 Lunch</p>
	<p>31.</p> <p>9-12 Mill City Grows Farmer's Market            11:30-2:45 Cards: 45's            12:00 Thursday Movie: The Mask of Zorro            12:00 Artist Meetup</p>		

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 (978) 569-1000  
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### First Lowell Rehab Apartments

Effective July 1<sup>st</sup>, 2018, the waiting list for our 2 & 3 bedroom units is now open. Applicants are placed on a waiting list according to the date and time the application is received. All utilities are included. Income restrictions apply. Section 8 vouchers accepted.

Our property is conveniently located near Route 3, Interstate 495 and public transportation. Applications may be picked up at Wingate Management Co., 16 Middle Street, Lowell MA 01852, by calling 978-459-3631 or e-mail Lowell@wingatecompanies.com



# August Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1  Chicken Supreme	2  Salisbury Steak	3  Sliced Pork Loin	4  Baked Cod	5  Cheeseburger
6  Chicken Stir Fry	7  Chicken Sandwich	8 Stuffed Cabbage	9  Spanish Chicken	10  Meatloaf	11  Grilled Chicken Salad	12 Hot Dogs
13 Baked Ziti	14  Teriyaki Chicken	15  Pork Tenderloin	16 American Chop Suey	17 <b>Friends Picnic - \$8</b>	18  Tuna Sandwich	19 Spaghetti and Meatballs
20 Greek Salad	21 Stuffed Peppers	22  Chicken with stuffing	23  Chicken Stir Fry	24  Roast Turkey	25  Beef Chili	26 Shephard's Pie
27  Beef Stew	28  Tuscan Cod	29  Sliced Beef	30  Chicken Parm	31  Baked Chicken		
Domingo	Lunes	Martes	Miercoles	Juves	Viernes	Sabado
		1  Pollo Supremo	2  Bistek Blanco	3  Chuletas de Cerdo	4  Pezcado Azado	5  Hamburger con Queso
6  Pollo Frito	7  Chicken Sangui de Pollo	8 Repollo Relleno	9  Pollo Latino	10  Carne Molida con Majadas	11  Ensalada de Pollo	12 Perro Caliente
13 Macarones	14  Pechugs Agridulce	15  Cerdo Suavisado	16 Macarones con carne	17 Aimuerdo entre amigos - \$8	18  Sangui de Tuna	19 Spaghetti con Albondigas
20 Ensalada Greca	21 Pimientos Agridulce	22  Pollo y Rellenos	23  Pollo Con Vegetales	24  Pavo Azado	25  Chile de Carne	26 Papas Majadas
27  Carne de Rez Guisada	28  Pezcadp al Vapor	29  Carne de Rez Rebanada	30  Pollo Parmesano	31  Pollo Azado		

## Changes to the Senior Center Take out (to-go) Program

Starting August 1, 2023, if you want to take out a hot meal to go, there will be a charge of \$1.00 for breakfast & \$2.50 for lunch. There will be frozen meals to take out at no cost. As always, everyone is welcome to come in and enjoy at hot meal.

Cambios en el Centro de Adultos Mayores sobre el Programa de alimentos para Llevar... Comensando Agosto 1, 2023, si usted quiere llevar su comida caliente tendra un costo de 1\$ por desayuno y \$2.50 por el Almuerzo. Habra comida frizada para llevar a 0 costo. Como siempre todos son bienvenidos a disfrutar de una comida caliente...

### សូមយកចិត្តទុកដាក់

ការផ្លាស់ប្តូរនៅមជ្ឈមណ្ឌលមនុស្សចាស់ (Senior Center) ក្នុងកម្មវិធីខ្ចប់អាហារទៅក្រៅ Take out (to-go)

ចាប់ពីថ្ងៃទី 1 ខែសីហា ឆ្នាំ 2023 តទៅ ប្រសិនបើអ្នកចង់ញ៉ាំអាហារក្តៅហើយខ្ចប់ទៅក្រៅ នឹងត្រូវគិតថ្លៃ 1.00

ដុល្លារសម្រាប់អាហារពេលព្រឹក និង 2.50 ដុល្លារសម្រាប់អាហារថ្ងៃត្រង់។

មានអាហារក្តៅសម្រាប់ខ្ចប់យកចេញក្រៅដោយមិនគិតថ្លៃ។ ដូចសព្វដង

អ្នកទាំងអស់គ្នាត្រូវបានស្វាគមន៍ក្នុងការចូលមកទទួលទានអាហារក្តៅ។

## BREAKFAST

WEEKDAYS 7AM - 8AM

## LUNCH

11AM - 11:30AM

- Meals are **subject to change** based on supply availability.
- **Bread and milk** are served with all lunches.

  
AgeSpan  
Choices for Life's Journey

Formerly Elder Services of the Merrimack Valley and North Shore

Please join us

**LOCAL HARVEST  
PROGRAM**

**Starts July 2023**



**Lowell senior center members!**  
Each market limited to 52 residents.

Monday, August 7

Monday, August 14

Monday, August 21

Monday, August 28

10:30-11:00am



## Services and Support

### Medical Loan Program

Walkers, disposable underwear, fall prevention bars, and canes and available FREE. Donations gratefully accepted, please call 978-674-4131 first to confirm what is needed and available.



*Wheelchair  
donations  
needed!*



### The Syringe Collection Program

Senior Center syringe drop-off accepted on weekdays at the front desk. Free disposal containers are available while supplies last.



### Get Help with Medicare

Call 978-946-1374 and leave a message. A trained counselor will call you back within 1-2 days. Drop-in counseling is available Mondays from 9-11.



CareRide, a program of AgeSpan, provides non-emergency medical transportation in the Greater Lowell area and to Boston for people age 60+.

Contact Alexandra Luciano, Care Ride Program Coordinator at 978-651-3118 or aluciano@agespan.org

Bills come to your address monthly, \$4/each way for local trips.

### Rides to Senior Center

Call 978-674-4131 for a ride to the Senior Center for meals and activities. You must call by 9am on the day of your ride.

### LRTA Road Runner

ADA Paratransit curb-to-curb service is available for people with a disability that prevents them from using a fixed route bus—for all trip types.

Senior Dial-a-Ride is available for all Lowell residents age 60+ for medical rides only. Call Road Runner at 978-459-0152 to sign up.



#### Senior Abuse Hotline Number

To report suspected elder abuse, call:  
1-800-922-2275

#### AgeSpan (formerly Elder Services)

Meals on Wheels,  
Assistance with Home  
Care, Case Management,  
Support for Seniors and  
Caregivers,  
Prescription Advantage  
1-800-892-0890

Legal Services  
Assistance & Referrals  
1-800-342-5297

#### Fuel Assistance 978-459-6161

#### DTA Hotline (SNAP/Food Stamps)

Direct line for seniors:  
1-833-712-8027

#### MassHealth 1-800-408-1253

#### Social Security Administration 1-800-772-1213

#### Medicare 1-800-633-4227

# Friends of the Lowell Council on Aging

## Friends Casino Trip

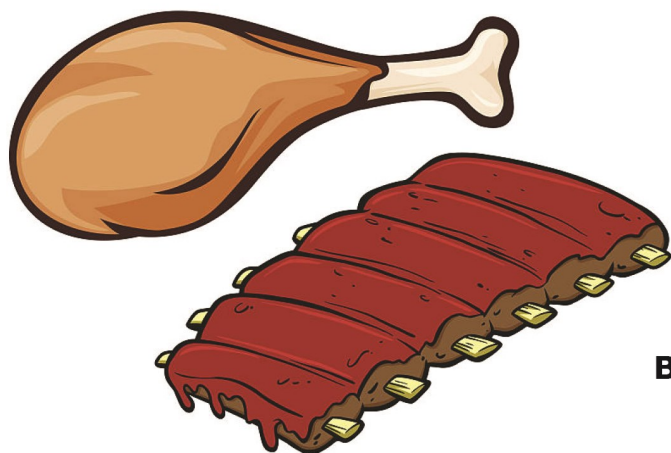
We had a great time on our latest Friends casino trip!

Our next one is scheduled for August 1st to Nashua, see Carol for details and to sign up.



## Join the Friends!

Become a member of the Friends for only \$5! Your membership fee supports activities for seniors in Lowell. All members get a monthly copy of Heritage mailed to them. Forms are available at the Senior Center. Sign up today!



## The Friends Annual Picnic

August 17th, Lunch, 11 am  
Lowell Senior Center  
Chicken and Ribs

Buy your ticket by August 10th, \$8

# Friends of the Lowell Council on Aging

Friday, June 30, 2023, the Friends of the Lowell Council on Aging had its last meeting before we resume our regular schedule Friday, September 29, 2023. As per our custom, we will sponsor the annual Summer Social. The date will be decided shortly and as usual tickets can be purchased at the center for \$8. Watch for detailed information to be posted. Thank You to Carol Lannan for taking charge of this popular Summer Fun Day.

A committee along with members of the board are soliciting local businesses to donate for a raffle that will occur at the Thanksgiving Dinner Dance in November. Tickets will be \$1 apiece and \$10 for 12. All the donations should be submitted by mid September so the raffle tickets can be printed and mailed to the FLCOA members as well as be available for sale at the center by October. Some of the early donations are: Market Basket, Pet Day Care, and Wednesday Bingo gift certificates to name a few.

We also approved to partner with Maxine Farkas for a \$2,500 grant concerning the art exhibit on the second floor of the Center.

The Bingo committee asked for funds to purchase more disposable bingo cards. These are a major improvement over using the same unsanitary cards and the players prefer them. Every week there is a 50/50 raffle at Bingo. The finance report of these weekly prizes is posted quarterly in the glass case near the elevator. We were informed that the players were asking about

the proceeds, so they are now made public for all to view.

Since this is a newsletter and not a newspaper, what is reported is not current news. We are similar to a church bulletin. Any updates are always available at the Center, and of course every day there is always at least one member of the Friends board at the Center to ask any questions you may have.

Our membership applications have been very few this past couple of months. We are still accepting new and renewed members for 2023 until the end of October. Unfortunately those of you who've joined in the past couple of months may not be receiving the Heritage. The computer system was compromised and we have not been able to add any of the new members onto the roster. Hopefully this will be resolved in the near future. As always the newsletter is available in the Center and other public places in the Lowell area.

August is unfortunately the last official month of summer. So enjoy as many outings as you can. Stay safe and Have a Happy Labor Day.

—Jacqueline Denison, Treasurer

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### **Next Meeting:**

**September**

**29**



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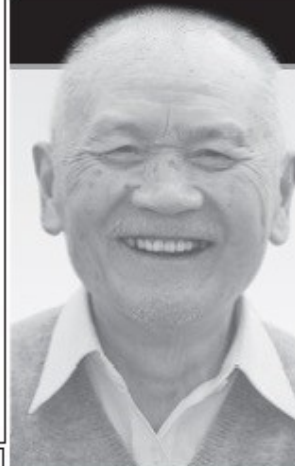
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